

February Harvest of the Month Butternut Squash



Illustration by Helen Buzzoni, Charlottesville City Public Schools



Try Butternut Squash at Home!

Health and Nutrition

Butternut Squash is Fat-Free, Cholesterol-Free,
Sodium-Free and a good source of Fiber.

Butternut Squash even has more Potassium
than Bananas!

They also are a source for vitamins and minerals like
Vitamin A, Vitamin C, Calcium, Iron, and Magnesium.

Did YOU Know ?

Butternut squash seeds
can be eaten
as a nutritious snack food,
just like pumpkin seeds.

Reading Together

Check out
our featured book:
Sophie's Squash
by Pat Zietlow Miller
& Anne Wilsdorf

